



Drogmi Buddhist Institute

A Tibetan Buddhist Centre in the Sakya Tradition

Venerable Khenpo Ngawang Dhamchoe

leads a

PUBLIC TALK

**“Coping with Change; a Buddhist
Perspective”**

&

MEDITATION WORKSHOP

**At the Harewood Golf Club
371 McLeans Island Road
Christchurch**



Public Talk: *Change is an inevitable part of our private and working life. In this public talk Khenpo will outline the reasons for change and practical techniques based on Buddhist philosophy that can help us deal with it.*

When: Fri 26 August

Time: 7-8.30pm

Cost: By donation

Meditation Workshop: *During this workshop Khenpo will give instructions on the techniques of single pointed meditation (shamatha) which can help us achieve peace and happiness in our lives. The program will include guided meditation sessions and many opportunities to ask questions.*

When: Sat & Sun 27- 28 August

Time: 10am-4pm

Cost: \$60 for full weekend; \$50 concession

\$35 per day; \$25 concession

Khenpo Ngawang Dhamchoe is the founder and spiritual director of Drogmi Buddhist Institute in Sydney. He is one of the most knowledgeable & respected teachers of Tibetan Buddhism in Australia. His understanding of the Western ways provides his teachings with a clarity and wisdom accessible to all. Khenpo runs an extensive teaching program in Sydney, and travels regularly to teach around Australia and overseas.

For information and bookings contact Frank (03) 03 3574377

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www.drogmi.org